



Delivery Cyclist Volunteer

About the role

FoodCycle volunteers are welcoming and committed people who want to help support communities during the coronavirus pandemic. As a Delivery Driver Volunteer, you'll be playing a vital part in making sure food parcels are delivered to guests who are in need. You'll pick up bagged food parcels from our venue and cycle directly to our guests' homes through a contactless delivery process, ensuring a prompt, safe, reliable and friendly delivery each week. You will need access to a bicycle and a smart phone to volunteer.

About FoodCycle

FoodCycle combines surplus food, volunteers and free kitchen space to create nutritious, three-course meals for the community. During the coronavirus pandemic, FoodCycle is adapting to deliver a special food delivery service to ensure people get fed.

We have 4 main aims:

- To strengthen communities
- To encourage friendships
- To improve nutrition and reduce hunger
- To change attitudes towards food and to reduce food waste

Skills you'll learn

- ✓ **Teamwork:** you'll work as part of a team of volunteers ensuring our delivery service can take place.
- ✓ **Relationship building:** you'll be building lasting relationships with your store managers and volunteers.
- ✓ **Time management:** you will be required to keep organised and to deliver surplus on time, to a schedule.

What to expect from FoodCycle

- ✓ Ongoing support and advice from a Regional Manager and HQ for every session.
- ✓ Expenses, including mileage covered in line with our volunteer policy.
- ✓ Impressive skills to add to your CV and a reference if/when you need it.
- ✓ The opportunity to make a difference during a challenging time.

What's expected from me

- ✓ Have bags of enthusiasm!
- ✓ Follow all FoodCycle policies and procedures – including all guidance surrounding coronavirus Health and Safety, and the contactless delivery process.
- ✓ Follow all training you receive when registering with us.
- ✓ Support FoodCycle to fulfil its aim of nourishing communities using surplus food!
- ✓ Keep all guest data secure and confidential.

Whilst Cycling:

- ✓ A road-worthy bike with ability to attach a trailer and a helmet.
- ✓ A smart phone to follow delivery routes.

Time commitment

Give as much as you feel! It is easy to volunteer with FoodCycle and we don't look for minimum commitments but love it if you keep coming back! An average driver slot is 2 hours.

Do any of the following apply to you or someone in your household?

- **have a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **have a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **have loss or change to my sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least one of these symptoms.

- I am aged over 70
- I am an adult with an underlying health condition
 - Respiratory diseases – such as asthma or chronic obstructive pulmonary disease
 - Heart disease – such as heart failure
 - Kidney disease
 - Liver disease – such as hepatitis
 - Neurological conditions – such as Parkinson's disease, motor neurone disease, multiple sclerosis, a learning disability, or cerebral palsy
 - Diabetes
 - Problems with your spleen – such as sickle cell disease, or your spleen has been removed
 - Weakened immune system – resulting from conditions such as HIV, or medicines such as steroid tablets or chemotherapy
 - Seriously overweight (body mass index of 40+)
 - Clinical conditions that put you at higher risk of severe illness¹
- I am pregnant

If Yes to any of the above, please do not volunteer and follow the guidance on NHS website

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

¹ These clinical conditions include: having received an organ transplant & on immunosuppression medication; have cancer and on active chemotherapy or radiotherapy; being treated for a cancer of the blood or bone marrow; have severe chest conditions such as cystic fibrosis or severe asthma; severe diseases of body systems, such as severe kidney disease needing dialysis

REMEMBER DURING ALL VOLUNTEERING WITH FOODCYCLE TO

- **wash your hands more often** - with soap and water for at least 20 seconds, or use a hand sanitiser when you: get home or start volunteering; blow your nose, sneeze or cough; eat or handle food
- **avoid touching your eyes, nose, and mouth** with unwashed hands
- **avoid close contact** with people who have symptoms
- **cover your cough or sneeze with a tissue**, then throw the tissue in a bin and wash your hands
- **clean and disinfect** frequently touched objects and e.g. steering wheels and food crates
- **wash your hands fully** before and after each interaction, or use a hand sanitiser if this is not possible
- **if possible, wear face coverings in enclosed public spaces** where social distancing is not possible or where you are more likely to meet people you do not normally meet. For example, on public transport or in some shops. Face coverings can help us protect each other and reduce the spread of the disease if you are suffering from coronavirus, but not showing symptoms.

To apply

Register to volunteer on <http://volunteer.foodcycle.org.uk> and sign up online.

Safeguarding statement

Safeguarding is Everyone's business – FoodCycle is committed to safeguarding and promoting the welfare / wellbeing of children, young people and adults at risk. It expects all staff and volunteers to share this commitment.

